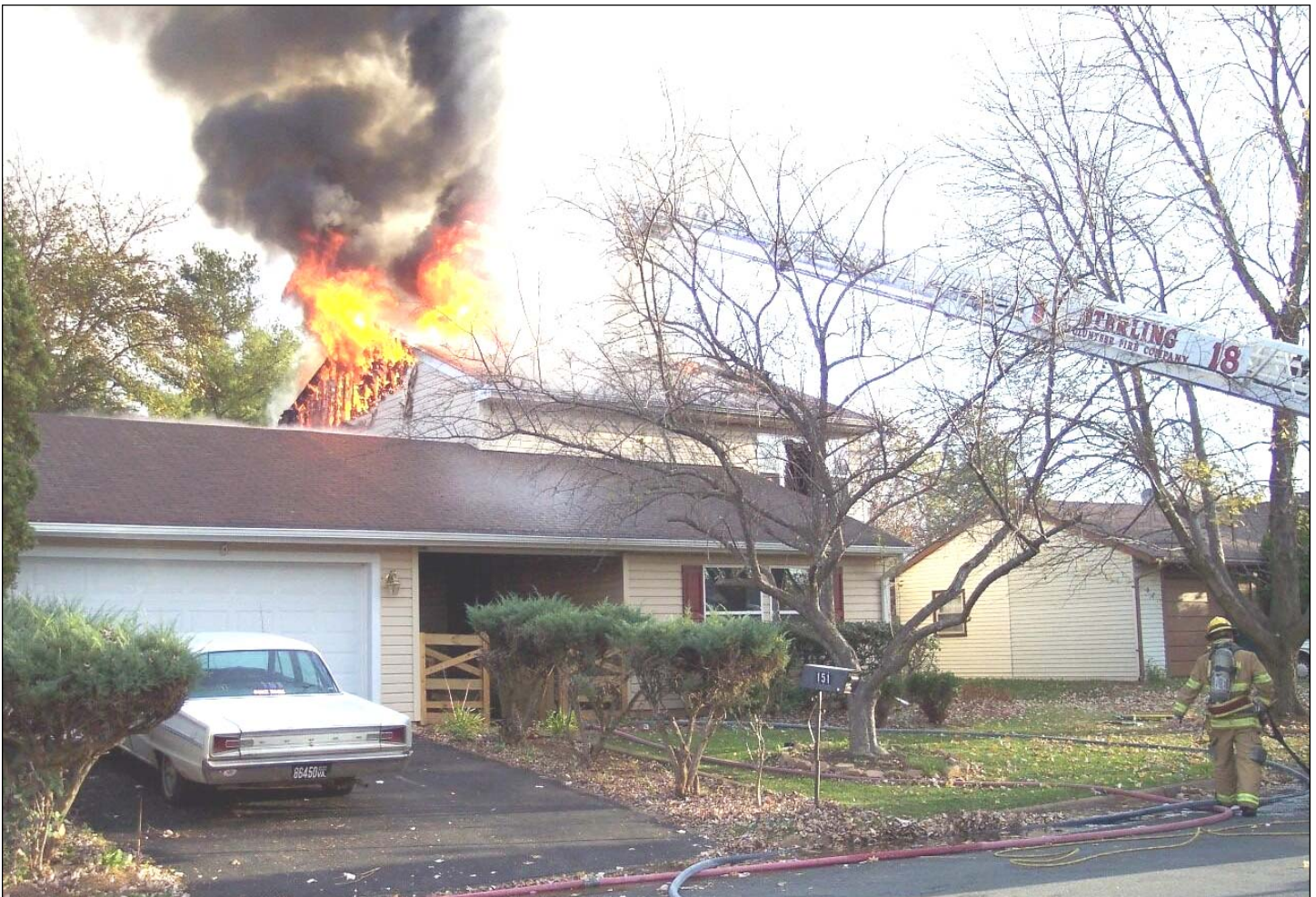




Alternate Channel

The newsletter for and about the members of the
LOUDOUN COUNTY FIRE AND RESCUE SYSTEM

DECEMBER 2004



Family Displaced

A family of four and a housekeeper were displaced by a house fire on Calumet Lane in Round Hill. Companies 4, 2, 5, 8, 14, Clark County Companies 8 and 1 responded. Chief Wayne Whetsell was running Battalion 2 and Calumet Command. Due to smart and aggressive tactics by the first in companies, the fire was contained to the area of origin. Fire damage estimated at \$100,000.

Alternate Channel

is a monthly publication for members, families and supporters of the Loudoun County Fire-Rescue system produced by the Loudoun County Department of Fire-Rescue Services.

Printed by The Printery.

Editor: Frankie H. Rust
frust@loudoun.gov

The mailing address for information or articles is:

Alternate Channel

Loudoun County Department of
Fire & Rescue Services
16600 Courage Court
Leesburg, Virginia 20175

Deadline Submission

Date:

Submissions for the
Alternate Channel issues
are due by the first
business day of the
previous month.

Example:

May 1st for June Issue

Company Reporters:

- Co. 1 J.B. Anderson, &
Ian Buchanan
- Co. 2 Rick Reaves
- Co. 3 Edna Algie-Hoppes
- Co. 4 Betty Dodge/Cyndi Vest
- Co. 5 Jim Reed
- Co. 6 Kay Parker
- Co. 7 Jeannie Cooper
- Co. 8 William D. Schwartz
- Co. 9
- Co.10 Frank Fitchett
- Co.11 David Short
- Co.12 Mike Senate
- Co.13 Marie Householder
- Co.14 Sue Johnson
- Co.15 Wilma Grant
- Co.16 Jim Dunagin
- Co.17 Rodney Krone, Jr.

Training for a Disaster

Ashburn, VA— If you drove past the Ashburn Campus of The George Washington University on Thursday afternoon, you might have thought you have stumbled upon a huge accident. There were fire trucks, Hazmat trucks, sirens and bloodied people wandering around a field screaming for help. But not to worry, this was all part of an Advanced Disaster Life Support (ADLS) course being held at the Response to Emergencies and Disasters Institute (READI).

The first thing to greet you as you entered the parking lot was Loudoun County's Hazmat Team from station 19 complete with their decontamination tent set and shower. A little farther down you found a group of students donning Hazmat suits, with instructors making sure every opening was sealed with duct tape. Once suited up in their gear and breathing apparatus, the students moved over to an airway mannequin to practice decontamination procedures as well as securing an airway on a "patient." This proved to be a difficult task for the group of students, made up of physicians, nurses, emergency medical technicians and public health professionals, because their bulky Hazmat suits and the hoods on the suits that restricted their field of vision.

Past the GW building, as sirens blared, 15 volunteers wandered around an open field acting as disaster victims. The local volunteers were quite convincing: their clothes were tattered, their make-up simulated wounds and burns, and they were all trying to get help from the group of student responders hoping to control the scene. In this mass triage exercise, the students practiced the management and treatment of victims of a weapons of mass destruction incident.

Inside the building, two other stations were set up-- an essential clinical skills station as well as a human patient simulator station. In the clinical skills station the students learned about mass vaccinations as well as proper administration of Mark-1 kits, an anti-nerve agent. In the human patient simulator room, students worked on two high-fidelity mannequins. The student responders performed a variety of life saving procedures on these mannequins including the insertion of IVs, establishing airways, and the monitoring of the mannequins' vital bodily functions.

These exercises constituted the hands-on portion of the ADLS course held at READI. The course started on November 9th with the Basic Disaster Life Support (BDLS) course, a prerequisite for the ADLS course. The BDLS course is an instructional course designed to teach the concepts of disaster management with an all-hazards approach. It focuses on the D-I-S-A-S-T-E-R Paradigm, which helps organize a response for a disaster, mass triage procedures, emergency response guides, personal protective equipment and decontamination. Some of the topics explored include natural disasters, traumatic, explosive, chemical and biological events; as well as radiological and nuclear events.

The ADLS course is a three-day session that focuses on the

Continued on Page 8

Dog Saved at House Fire

During the morning of November 11th, a call was dispatched for a structure fire at Box 18-4 (Sugarland), 151 South Fox Road. Making their way through streets crowded with morning commuters and pedestrian school children, Engine 618 arrived on the scene to find a two story single family structure with heavy fire showing to one side and to the rear. This fire was already extending out the first floor windows and up the outside of the rear of the house into the roof. They were joined quickly by Quint 18 (running in the place of Tower 11), Engine 611, Wagon 18, Engine 439, Squad 439, Engine 23, Battalion 1, Canteen 11 and units from Sterling Rescue.

The occupant of the house was able to self-evacuate prior to the arrival of the first units. She was soot covered and distraught and informed crews that her pets may still be inside.

The initial attack crews were met with heavy fire and smoke conditions at the front door. Crews were able to make rapid head way against the fire as they progressed deeper into the house and splitting their attack to both the first and second floors. After the fire on the first floor was checked and under control, crews relocated to the second floor and assisted with the fire in the attack space.

Engine 23's crew (Captain Neal, Tech Smith and FF Babiack) made a secondary search behind the initial fire attack crews. During their search, they discov-



ered the owner's dog, still alive, partially covered in debris and huddled in an unburned corner of one of the rooms. FF Babiack quickly pulled the dog from the embers and debris and brought it outside to safety.

Although the dog was filthy from soot and suffered minor burns to its paws, it was in relatively good shape. The pet was cleaned and returned to its owner who later self-transported it to a local vet for observation.

Unfortunately, the secondary search and overhaul efforts made by Engine 23 and a crew from Sterling Fire on the second floor located the pet cat that had already succumbed to the smoke

and fire.

This combination of crews from Sterling Volunteer Fire Company, Sterling Volunteer Rescue, Loudoun County Fire and Rescue and Fairfax County Fire and Rescue were all able to work together to mark this substantial fire under control within the 15 minutes timer. Some of the contributing factors that lead to fire spread are believed to include some faulty smoke detectors and the occupant ignoring those working smoke detectors that were sounding.

Written by Lt. Sean Scott and Assistant Chief David Short
Photos by Technician Greg Moore

CHECK YOUR ID CARD'S EXPIRATION DATE

Need a new ID card? Contact Frankie Rust at 703-777-0568 (need correct spelling of last name) or e-mail frust@loudoun.gov. The card will be processed with the same photograph and sent to the company president for distribution. If you prefer to have a new photograph, you have to go to Communications, remember to call first. Thanks!

JANUARY 2005

Regularly Scheduled Monthly Meetings of the Loudoun County Fire &

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Companies 1,3,5,6,11,16	4 Fire-Rescue Orientation Class 7 p.m.	5 Companies 13 & 17	6 Fire-Rescue Orientation Class 7	7	8
9 Company 14	10 Companies 2,7,8,9,12 BLS	11 Rescue Chiefs	12 Company 10 R&R	13 Company 15	14	15
16	17 Company 1 ALS	18 EMS Council	19 Fire Council	20	21	22
23	24 Companies 4 & 8	25 Fire-Rescue Commission	26	27	28	29
30	31					

SCHEDULED TRAINING

ALS Challenge

December 1-4, 2004

AHA CPR-Healthcare Provider

Class #8 Dec. 5, 2004

After the Fire Informa- tional Session

December 15, 2004, or
December 18, 2004

PRIDE Training- Pick 1

Class #1 January 4th
Class #2 January 5th
Class #3 January 6th
Class #4 January 11th
Class #5 January 12th
Class #6 January 19th
Class #7 January 21st
Class #8 January 24th

Loudoun County Fire & Rescue Orientation

January 4th, 2005

or

January 6th, 2005

EMT-Basic Course

January 4-July 6, 2005

AED/CombiTube

January 6-16, 2005

BLS Protocols

January 9, 2005

EMT-Basic Refresher

January 13-February 19,
2005

BLS Skills Verification Testing

January 16, 2005

First Responder

February 14-March 24,
2005

First Responder Refresher Course

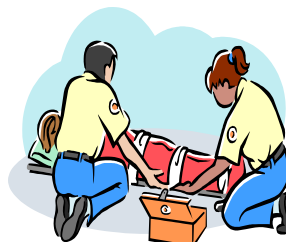
February 2-19, 2005

EMT-Basic Refresher DAYTIME (2 classes)

Class #1 February 3-9

Class #2 February 10-16

Test February 19th



H
A
P
P
Y

H
O
L
I
D
A
Y
S
!

Allstate Insurance Company & Loudoun County Department of Fire-Rescue Services Partner to Save Loudoun County Lives The Hazard House – Educating about Fire and Awareness

For the third year in a row, Allstate Insurance Company has donated a grant through the Allstate Foundation to the Loudoun County Department of Fire and Rescue Services (LCFR). The \$9,000 grant was used by LCFR to purchase a portable training device called the “Hazard House”, in which Loudoun County children and adults will be given demonstrations on identifying and removing common fire hazards that can result in injury or death.

The Hazard House is a vital teaching tool for fire education. It is an exciting 3-D tabletop model of a home that allows fire and rescue educators to interact with children and adults to identify fire hazards and make suggestions to transform the house from a hazardous house to a fire-safe house. It is anticipated that the Hazard House will be used in a variety of settings from the over 22,000 children in grades K-6 to home school children, and to the numerous licensed day care facilities throughout the county. In addition, the Hazard House will be used in local community centers, senior citizen groups, after school clubs, and numerous health and safety fairs held in the county throughout the year.

On May 11, 2004, Joy Brown-Dotson, LCFD Public Education Manager, demonstrated the Hazard House to three members from Allstate Insurance Company. Allstate agent John Bennett has an office in Leesburg. For many years, John has supported



(left-right) Mike Sanders, Allstate’s Agency Support Department and member of Co. 6; John Bennett, Leesburg Allstate Insurance Agent; Joy Brown-Dotson, Public Education Manager for Loudoun County Fire-Rescue Services; and Roy Dunseith, Leesburg Allstate Insurance Agent and member of Co. 1.

the Fire and Rescue Department by supplying fire safety information to be distributed to Loudoun County citizens. Roy Dunseith, also an Allstate agent in Leesburg, is currently a volunteer firefighter for the Leesburg Volunteer Fire Company. Mike Sanders, who works in Allstate’s regional office in Fairfax, has also worked with the Loudoun County Fire and Rescue Department on previous Allstate Foundation grants and is a volunteer Firefighter for the Ashburn Volunteer Fire and Rescue Department in Loudoun County.

The Allstate Corporation (NYSE: ALL) is the nation’s largest publicly held personal

lines insurer. Widely known through the “You’re In Good Hands With Allstate®” slogan, Allstate provides insurance products to more than 14 million households and has approximately 13,000 exclusive agents in the U.S. and Canada. Customers can access Allstate products and services through Allstate agents, or in select states at allstate.com and 1-800-Allstate. EncompassSM and Deerbrook® Insurance brand property and casualty products are sold exclusively through independent agents. Allstate Financial Group includes the businesses that provide life insurance, retirement and investment products, through Allstate agents, workplace marketing, independent agents, banks and securities firms.

Prevention Tips for Flu & Colds

How Germs Spread

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Help Stop the Spread of Germs

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from other to protect them from getting sick too.

Cover your mouth and nose when you sneeze or cough

Cough or sneeze into a tissue and then throw it away. If you do not have a tissue, cough or

sneeze into your upper sleeve, not your hands. If you use your hands, wash your hands every time you cough or sneeze.



Clean your hands often

When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.*

*Source: FDA/CFSAN Food Safety A to Z Reference Guide, September 2001: Handwashing.

Avoid touching your eyes, nose, or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay home when you are sick and check with a health care provider when needed



When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care

provider as needed. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include:

- ☐ fever (usually high)
- ☐ headache
- ☐ extreme tiredness
- ☐ cough
- ☐ sore throat
- ☐ runny or stuffy nose
- ☐ muscle aches, and
- ☐ nausea, vomiting, and diarrhea, (much more common among children than adults).

Practice other good health habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.

Source & for additional information, go to www.CDC.gov

TAKE CARE!



DECEMBER 2004 & JANUARY – MARCH 2005 Virginia Course Schedule

MGT 310	Weapons of Mass Destruction (WMD): Threat and Risk Assessment Local Jurisdiction
<u>Date</u>	<u>Location</u>
January 11 – 13	READI – Ashburn, VA
March 1 – 3	READI – Ashburn, VA
March 30 – April 1	Winchester Medical Center

MGT 313	Incident Management / Unified Command for WMD / Terrorism Incidents
<u>Date</u>	<u>Location</u>
December 14 – 16	READI – Ashburn, VA
February 1 – 3	Fairfax County Criminal Justice Academy
March 8 – 10	READI – Ashburn, VA
March 29 – 31	Fairfax Criminal Justice Academy

MGT 315	Enhanced Threat and Risk Assessment
<u>Date</u>	<u>Location</u>
December 15 – 16	READI – Ashburn, VA
February 9 – 10	READI – Ashburn, VA

MGT 390	Hospital Emergency Management: Concepts & Implications of WMD Terrorist Incidents
<u>Date</u>	<u>Location</u>
February 25	READI – Ashburn, VA
March 19	READI – Ashburn, VA

PER 225	Law Enforcement Response to WMD – Operations Level Train-the-Trainer
<u>Date</u>	<u>Location</u>
March 2 – 4	READI – Ashburn, VA

PER 231	Prevention and Response to Suicide Bombings
<u>Date</u>	<u>Location</u>
February 4	Prince William County Criminal Justice Academy

AWR 130	Incident Response to Terrorist Bombings - Awareness
<u>Date</u>	<u>Location</u>
January 26	READI – Ashburn, VA
January 29	Prince William County Criminal Justice Academy
February 25	READI – Ashburn, VA
February 26	READI – Ashburn, VA

Please try to register 2 weeks prior to course start date. For any questions regarding registration, please email readi411@gwu.edu or call (703)726-3700.



Lieutenant Nick Pierson and Fire Fighter Sean Grubbs instruct students on how to use the decontamination shower. FF Jimmy Muth was also on hand to assist.

Photo Courtesy of J.B. Anderson

For more information, please visit us www.readi.gwu.edu.

For any other questions, call the READI office at 703-726-3700. To register please send an email to readi411@gwu.edu and be sure to include the course title, course date, your name, title, agency, address, phone and email address. Be sure to list the course title in the subject line of the email. Please try to register at least 2 weeks prior to start date.

Continued from Page 2:

practical applications of the BDLS course and uses a classroom and hands-on approach. Classroom work concentrates on legal issues, incident management and Federal, State and local resources.

This is the second time these courses have been offered to the National Capital Region and delivered through READI in partnership with instructors from the Medical College of Georgia. The first of its kind training was held in late June and also hosted by READI.

This unique training attracted participants from around the country. READI offered the training at no charge for health-care professionals and first responders and plans to host several more in the upcoming months.

**BE
SAFE!**

**Loudoun County
Fire & Rescue Commission**

**Doug Rambo Allie Love Mickey Buchanan
Fred Muller David Ayres Ian Buchanan**

**Jack Brown, Chief,
Loudoun County Department of Fire & Rescue Services**

**Jim Clem,
Loudoun Board of Supervisor**

Donald A. Sabella, M.D., Medical Director



**REMINDER: PLEASE DO NOT PLACE DRINKS OR FOOD ON
THE PYXIS AT HOSPITAL. THANK YOU!**